WHAT IS CLAIMED IS:

1. An image sensing apparatus comprising:

an image sensing device that senses an optical image of an object and converting the optical image into an image signal to be used for photographing;

a signal forming device that forms a signal for focusing on the basis of the image signal obtained from said image sensing device; and

a control device that emits light for assisting signal forming operation performed by said signal forming device and changes emitting the light in correspondence with an image sensing period of said image sensing device when said signal forming device forms the signal for focusing.

2. The image sensing apparatus according to claim 1, wherein the image sensing period of said image sensing means is an image sensing period for the image signal to be used for photographing.

3. The image sensing apparatus according to claim 1, wherein said control device emits the light in synchronization with image sensing operation of said image sensing device.

4. The image sensing apparatus according to claim 1, wherein said control device repeatedly emits the light at a period of image sensing operation of said image sensing device.

5. The image sensing apparatus according to claim 4, wherein said period corresponds to a vertical scanning period.

6. The image sensing apparatus according to claim 4, wherein said period corresponds to a period of a vertical synchronizing signal.

7. The image sensing apparatus according to claim 4, wherein said control device does not emit the light for a predetermined period at the period of the image sensing operation of said image sensing device.

8. The image sensing apparatus according to claim 4, wherein said control device does not emit the light at least for a predetermined period at the period of the image sensing operation of said image sensing device.

9. The image sensing apparatus according to claim 1, wherein said control device changes light-emission time of the light in accordance with the image sensing

period of said image sensing device.

10. The image sensing apparatus according to claim 9, wherein said control device increases the light-emission time of the light as the image sensing period of said image sensing device increases.

11. The image sensing apparatus according to claim 9, wherein said control device fixes the light-emission time of the light to a predetermined period in a case where the image sensing period of said image sensing device exceeds a predetermined period.

12. The image sensing apparatus according to claim 1, wherein said control device changes light-emission intensity of the light in accordance with the image sensing period of said image sensing device.

13. An image sensing apparatus comprising:

an image sensing device that senses an optical image of an object and converting the optical image into an image signal to be used for photographing;

a signal forming device that forms a signal for focusing on the basis of the image signal obtained from said image sensing device; and

a control device that repeatedly emits light for

assisting signal forming operation performed by said signal forming device at a period of image sensing operation of said image sensing device.

14. The image sensing apparatus according to claim 13, wherein the image sensing period of said image sensing device is an image sensing period for the image signal to be used for photographing.

15. The image sensing apparatus according to claim 13, wherein said control device emits the light in synchronization with image sensing operation of said image sensing device.

16. The image sensing apparatus according to claim 13, wherein said control device repeatedly emits the light at a period of image sensing operation of said image sensing device corresponding to a vertical scanning period.

17. The image sensing apparatus according to claim 13, wherein said control device repeatedly emits the light at a period of image sensing operation of said image sensing device corresponding to a period of a vertical synchronizing signal.

18. The image sensing apparatus according to claim 13, wherein said control device does not emit the light for a predetermined period at the period of image sensing operation by said image sensing device.

19. The image sensing apparatus according to claim 13, wherein said control device does not emit the light at least for a predetermined period at the period of image sensing operation of said image sensing device.

20. The image sensing apparatus according to claim 13, wherein said control device changes emitting the light in correspondence with an image sensing period of said image sensing device when said signal forming device forms the signal for focusing.

21. The image sensing apparatus according to claim 20, wherein said control device changes light-emission time of the light in accordance with the image sensing period of said image sensing device.

22. The image sensing apparatus according to claim 21, wherein said control device increases the light-emission time of the light as the image sensing period of said image sensing device increases.

23. The image sensing apparatus according to claim 21, wherein said control device fixes the light-emission time of the light to a predetermined period in a case where the image sensing period of said image sensing device exceeds a predetermined period.

24. The image sensing apparatus according to claim 20, wherein said control device changes light-emission intensity of the light in accordance with the image sensing period of said image sensing device.

25. A control method of an image sensing apparatus having: an image sensing device that senses an optical image of an object and converting the optical image into an image signal to be used for photographing; and a signal forming device that forms a signal for focusing on the basis of the image signal obtained from said image sensing device, said method comprising the steps of:

emitting a light for assisting signal forming operation performed by said signal forming device; and

changing emitting the light in correspondence with an image sensing period of said image sensing device when said signal forming device forms the signal for focusing.

26. A control method of an image sensing apparatus having: an image sensing device that senses an optical image of an object and converting the optical image into an image signal to be used for photographing; and a signal forming device that forms a signal for focusing on the basis of the image signal obtained from said image sensing device, said method comprising the step of:

repeatedly emitting a light for assisting signal forming operation performed by said signal forming device at a period of image sensing operation of said image sensing device.

27. A medium for providing a control program of an image sensing apparatus having: an image sensing device that senses an optical image of an object and converting the optical image into an image signal to be used for photographing; and a signal forming device that forms a signal for focusing on the basis of the image signal obtained from said image sensing device,

wherein said program emits a light for assisting signal forming operation performed by said signal forming device and changes emitting the light in correspondence with an image sensing period of said image sensing device when said signal forming device forms the signal for focusing.

28. The medium according to claim 27, wherein the medium is a storage medium.

29. A medium for providing a control program of an image sensing apparatus having: an image sensing device that senses an optical image of an object and converting the optical image into an image signal to be used for photographing; and a signal forming device that forms a signal for focusing on the basis of the image signal obtained from said image sensing device,

wherein said program repeatedly emits a light for assisting signal forming operation performed by said signal forming device at a period of image sensing operation of said image sensing device.

30. The medium according to claim 29, wherein the medium is a storage medium.